WHAT IS CLAIMED IS:

1. An exerciser with an adjustable damping device, comprising:

a main frame;

the adjustable damping device securely mounted to the main frame and including:

a post secured on the main frame, the main frame dividing the post into a first section and a second section;

a first stopper and a second stopper respectively sleeved on the first section and the second section of the post and securely abutting against the main frame;

a first friction washer and a second friction washer respectively sleeved on the first section and the second section of the post;

a first sleeve and a second sleeve respectively pivotally sleeved on the first section and the second section of the post, the first friction washer sandwiched between the first stopper and the first sleeve, and the second friction washer sandwiched between the second stopper and the second sleeve for providing damping to the exerciser;

a shaft sequentially extending through the first sleeve, the post and the second sleeve;

a locking set mounted to a first end of the shaft to prevent the shaft from being rotated relative to the post; and

an adjusting set mounted to a second end of the shaft for reducing a distance between the first sleeve and the second sleeve to raise the friction force between the first stopper, the first friction washer and the first sleeve, and the second stopper, the second friction washer and the second sleeve, whereby the damping from the damping device is adjustable; and

a first swing arm and a second swing arm respectively secured connected to the first sleeve and the second sleeve for user to step and achieve a purpose of exercise.

2. The exerciser as claimed in claim 1, wherein the first stopper and the second stopper respectively comprises a first friction face and a second friction face formed to respectively abut the first friction washer and the second friction washer for providing a damping effect to the exerciser.

3. The exerciser as claimed in claim 2, wherein the adjustable damping device comprises a first lining and a second lining respectively inserted into the first sleeve and the second sleeve, the first lining and the second lining respectively sleeved on the first end and the second end of the post, the first lining and the second lining respective including a flange outwardly extending therefrom to prevent the first lining and the second lining from being overly inserted into the first sleeve and the second sleeve.

4. The exerciser as claimed in claim 1, wherein:

the post comprises a first end having two first indentations defined therein, the two first indentations diametrically corresponding to each other;

the first end of the shaft is threaded and has two first grooves defined therein, the two first grooves diametrically corresponding to each other; and

the locking set comprises a first brake plate sleeved on the first end of the shaft and including:

a through hole defined in the first brake plate to allow the first end of the shaft extending through the first brake plate;

two first protrusions inwardly extending from an inner periphery of the through hole and each movably received in a corresponding one of the two first grooves to prevent the shaft from being rotated relative to the first brake plate;

two second protrusions extending from the first brake plate and each received in a corresponding one of the two first indentations in the first end of the post to prevent the first brake plate from being rotated relative to the post;

a first nut screwed onto the first end of the shaft to hold the first brake plate, the first lining, the first sleeve and the first friction washer in place; and

a second nut screwed onto the first end of the shaft and securely abutting the first nut to hold the first nut in place.

5. The exerciser as claimed in claim 1, wherein:

the post comprises a second end having two second indentations defined therein, the two second indentations diametrically corresponding to each other;

the second end of the shaft is threaded and has two second grooves defined therein, the two second grooves diametrically corresponding to each other; and

the adjusting set comprises a second brake plate sleeved on the second end of the shaft and including:

a through hole defined in the second brake plate to allow the second end of the shaft extending through the second brake plate;

two first protrusions inwardly extending from an inner periphery of through hole in the second brake plate and each movably received in a corresponding one of the two grooves in the second end of the shaft to prevent the shaft from being rotated relative to the second brake plate;

two second protrusions extending from the second brake plate and each received in a corresponding one of the two second indentations in the second end of the post to prevent the second brake plate from being rotated relative to the post; and

a knob with a threaded hole screwed onto the second end of the shaft to hold the second brake plate, the second lining,

the second sleeve and the second friction washer in place, the knob being rotated to slightly shorten a distance between the first sleeve and the second sleeve to promote the friction force between the first and second friction washers and the first and second sleeves and providing a damping to the first swing arm and the second swing arm when the first and second friction washers are worn out.